

Human Needs

BODYFULNESS

Water
Food
Digestion
Shelter
Safety
Warmth
Coolness
Pleasure
Hug
Nature connection
Rest
Sleep
Light
Darkness
Breath
Sexual expression
Touch, Being touched
Comfort
Gentleness
Speech
Silence
Privacy
Care
Health
Healing, Being healed
Sunlight
Movement
Exercise
Music, Sound
Rhythm
Death

MEANING

Gratitude
Celebrating life
Self-expression
To matter
Purpose
Flow
Living according to one's values
Courage
Mourning, Tears
Exploration
Discovery
Meaning
Understanding
Contribution
Enrich life
Presence, Centeredness
Hope, Vision, Dream, Faith
Spirituality
Clarity
Focus
Concentration
To know and to be in reality
Learning, Growth
Inspiration, Creativity
Innovation
Challenge, Stimulation
Empowerment
Competence
Participation
Simplicity

ONENESS/UNITY

Authenticity
Integrity
Presence
Honesty
Togetherness
Wholeness
Grace
Bodyfulness

BALANCE

Harmony
Peace
Flow
Beauty
Calm
Equanimity
Relaxation
Tranquility
Ease
Sustainability
Stability
Balance
Predictability
Structure
Wholeness
Capacity
Abundance
Certainty
Truth
Honesty
Integrity

AUTONOMY

Spontaneity
Knowledge, Information
Space
Change
Transformation
Variety
Choice
Power
Responsibility
Freedom
Dissent
Limitation
Security

PLAY

Joy
Laughter
Fun
Humor
Spontaneity
Lightness
Passion
Discovery
Adventure
Renewal
Refreshment
Variety
Diversity
Mystery
Wonder
Amazement
Myth, Story

CONNECTION

Love, Self-love
Self-connection
Empathy, Self-empathy
Compassion, Self-Compassion
Intimacy
Dignity
Closeness
Friendliness
Community
Cooperation
Collaboration
Belonging
Appreciation
Understand, Being understood
Seeing, Being seen
Hearing, Being heard
To know, To be known
Partnership, Companionship
Friendship
Care, Self-care
Consideration
Acceptance
Reassurance
Respect
Trust
Reciprocity
Inclusion
Involvement
Support, Help, Nurturance
Affection
Giving, Receiving
Tenderness, Softness
That my needs matter
Consistency, Continuity